



*Copies of this Leaflet may be obtained on application to Ministry of  
Food, 35, Park Street, London, W.1.*

**F.E. 90.**

# CARROT COOKERY.

## CARROTS ARE PLENTIFUL.

It is very important to use the foods that are plentiful and to save those which are scarce. Wheat has to be carried to our shores in ships, and ships are needed for soldiers. Save room in the ships by eating the home-grown foods.

## CARROTS ARE WHOLESOME.

Never in our history was it of greater importance to keep up the strength and health of the nation, and good food is the basis of health. Carrots contain a great deal of nourishment. All root vegetables contain more nourishing material than green vegetables, and the carrot comes third on the list of roots, the potato and parsnip taking first and second place respectively. They are more nourishing than turnips, swedes, cabbage, sprouts, cauliflowers, onions or leeks. Carrots contain a fair proportion of sugar in their composition and this adds to their nourishing value.

## CARROTS ARE CHEAP.

The housewife of to-day cannot afford to neglect any means by which she can spin out her weekly income to its best capacity. The carrot will help you to get full value for your money. For threepence you can buy 3 lbs. of carrots and they are equal in food value to 7 or 8 eggs, for which you pay perhaps two shillings, or to 2 lbs. of cod, which costs you about three shillings, or to 1 lb. of veal or chicken.

## CARROTS ARE USEFUL.

On account of their natural sweetness they make a splendid basis for puddings and preserves. They form the chief ingredient in many savoury dishes. The water in which carrots are boiled should never be thrown away, but should be used as stock for soup, because much of the nourishment is extracted from the carrots by the boiling water.

## BE SURE TO USE CARROTS NOW.

### CARROT PUREE.

In the following recipes *Carrot Puree* is frequently mentioned. It is made thus:—

The carrots are scrubbed and peeled, the peel being put at once into the stock pot as foundation for soup. The peeled carrots are boiled in water just sufficient to cover them, water being added as it boils away. When the carrots are quite soft the water should be drained away into the stock pot, and the carrots mashed through a wire sieve. This mashed carrot is Carrot Puree.

When the term "fat" is used, cocoa butter may be employed, if margarine or dripping is not available. This is much improved by being clarified. This may be done by putting it in a baking tin with a little water in the oven. When melted it should be poured into a jar. After it has got cold the cocoa butter should be put into another jar and the water at the bottom thrown away.

### CARROT SOUP.

*Required* : 1½ lbs. carrots, 3 pints vegetable stock or water, 1 onion, 1 oz. fat or fat from bacon, 2 ozs. rice, ½ bayleaf, 1 gill milk, pepper and salt, grate of nutmeg.

Wash the carrots, scrape them and shred or grate them finely. Wash the rice and put it into a saucepan containing the fat, melted, add the carrots, and the onion peeled and sliced. Fry for a few minutes, then add the stock, bayleaf and seasoning. Boil until tender, remove the bayleaf, and rub all through a sieve or mash well. Return the soup to the saucepan, add more seasoning if necessary, also the milk. Stir over the fire until it boils, then serve.

### CARROT AND POTATO SOUP. (Italian.)

Cut up small or chop 4 large peeled potatoes and 4 large washed and scraped carrots. Then boil the vegetables in a quart of water, add 1 pint of boiling water, a bayleaf and an onion (peeled and sliced or chopped) and some chopped parsley.

Boil over a slow fire in an earthen pan, add 2 ozs. fat and 2 tablespoons of fine oatmeal, mix well. Rub through a sieve into an earthen pot. Season to taste with salt and pepper. Add a little boiling milk and serve hot.

### CURRIED CARROTS.

*Required* : 1 lb. carrots, boiled, 1 onion, ½ apple, ¼ oz. fat, ½ oz. flour, ½ oz. curry powder, ½ pint stock or water, salt, 4 ozs. boiled rice.

Mince the onion and fry it a pale brown colour, sprinkle over the curry powder and flour, stir, then moisten with the stock, add the apple finely chopped, and a pinch of salt. Allow this sauce to simmer for 20 minutes, then add the carrots cut up into even-sized pieces or dice. Reheat for 10-15 minutes. Serve on a hot dish with a border of boiled rice. If this dish is to replace meat, three hard-boiled eggs, sliced, can be added with the carrots.

#### CARROTS WITH BACON.

*Required :* 6 to 8 carrots, 4 ozs. bacon, salt and pepper, oatmeal, chopped parsley.

Wash, scrub or scrape the carrots, then shred them finely, and cook them with very little salted water till tender. Cut the bacon into narrow strips, fry it in a pan for a few minutes, then add the prepared carrots, season to taste with salt and pepper, stir in a teaspoonful of Marmite or Oxo, also the chopped parsley. Reheat dish up, and serve hot.

#### CARROT TARTLETS.

*Required :* 3 carrots, 2 ozs. boiled rice,  $\frac{1}{2}$  oz. grated cheese, salt and pepper, a grate of nutmeg,  $\frac{1}{2}$  teaspoonful Marmite,  $\frac{1}{2}$  teaspoonful curry powder, 6 ozs. short crust paste.

Wash, scrape, slice and boil the carrots in very little salted water. When tender chop them finely and add to them the rice. Season to taste and add the curry powder and the Marmite. Mix all well in a saucepan, and heat up over a slow fire. Roll out the paste rather thinly, and line some patty pans with it. Prick the paste with the prongs of a fork, then fill them with the prepared mixture. Sprinkle over the grated cheese, and bake in a fairly quick oven for about 20 minutes. Dish up and serve hot.

#### CARROT AND HARICOT HOT POT.

Half a pound of haricot or butter beans (soaked for 24 hours); 6 carrots and some other vegetables, such as greens, celery, onions, Jerusalem artichokes and turnips, mixed herbs and spice, salt and pepper to taste, 4 pints cold water.

Beans should be boiled in the water in which they have been soaked. Add all the vegetables cut into small pieces and simmer gently for  $1\frac{1}{2}$  to 2 hours. Sprinkle with chopped parsley before serving. This may also be cooked in a covered pot in the oven. A little curry powder added a quarter of an hour before serving is an improvement.

#### RISOTTO WITH CARROTS.

Mince up a peeled onion, brown it in  $\frac{1}{2}$  oz. of fat, then put in 6 oz. of rice and stir over a slow fire for 10 minutes. Add hot water a cupful at a time, sprinkle with salt and let it boil nearly dry, then add  $\frac{1}{2}$  lb. carrot puree, season to taste with pepper and a grate of nutmeg, stirring well. Dish up and serve hot.

#### SAVOURY CARROT PUDDING.

*Required :*  $\frac{1}{2}$  lb. carrots (grated), 1 lb. cooked and sieved potato,  $\frac{1}{2}$  lb. sausage meat, salt, pepper to taste, and a grate of nutmeg, 1 teaspoonful of chopped parsley, 1 small onion peeled and finely chopped, 1 egg (dried), milk if necessary, 1 teaspoonful marmite,  $\frac{1}{2}$  teaspoonful savoury nuts.

Put the carrots, potato, onion and sausage meat into a basin and mix thoroughly. Add to this the parsley, seasoning, marmite, and the egg beaten up. Mix all the ingredients well together, adding a little more milk or stock if the mixture is found to be too dry. Put this mixture into a greased pudding basin or mould, cover, and steam for 2 hours. Turn out on to a hot dish, and serve with some brown sauce or nicely seasoned gravy.

#### VEGETABLES.

*Creamed Carrot Pie.* (This may also be made with parsnips.)

Cut cooked carrot into slices. Put into a buttered pie dish with a little salt and pepper, shredded onion and herbs to taste. Pour over some thick white sauce. Add a crust made of mashed potatoes. Bake in a fairly hot oven till the top is nicely browned.

#### CARROT AND OATMEAL FRITTERS.

To 1 lb. of very stiff porridge made of rolled oats, add  $\frac{1}{2}$  lb. grated raw carrots, one small finely chopped onion and some chopped parsley. Season to taste with salt and pepper and mix thoroughly. Spread on a plate to cool. Cut into pieces and fry in hot fat.

#### CARROT PUDDING (sweet).

*Required :*  $\frac{1}{2}$  lb. grated raw carrots, 1 lb. boiled potatoes, 1 oz. sugar, 1 egg (dried),  $\frac{1}{2}$  teaspoonful mixed spice,  $\frac{1}{2}$  teaspoonful ground ginger,  $\frac{1}{2}$  lb. dates, figs, or prunes, stoned and chopped,  $\frac{1}{2}$  gill milk if necessary.

Mix the carrots, potatoes, sugar, spice and ginger together in a basin, add the fruit, mix well, then stir in the beaten egg, and milk if found necessary. Put

the mixture in a greased basin, cover, and steam for 2 hours. Turn out on to a hot dish, and serve with a sweet sauce, jam, cornflour or white sauce.

#### CARROT AND RICE PUDDING (sweet).

*Required:*  $\frac{1}{2}$  lb. grated carrots,  $\frac{1}{2}$  lb. rice, soaked for 12 hours, 1 apple chopped, 1 oz. sugar, 1 teaspoonful ground cinnamon, 1 egg (dried),  $\frac{1}{2}$  gill milk, grated rind of  $\frac{1}{2}$  lemon.

Boil the rice till tender in water, then drain, and mix it in a basin with the carrot and apple, add to this the sugar, cinnamon and egg beaten up; the milk may be added if necessary. Put the mixture into a greased pudding basin coated with oatmeal, cover, and then steam for 2 hours. Turn out and serve plain or with a sweet sauce or syrup.

#### CARROT MOULD (No. 1).

$1\frac{1}{2}$  lbs. carrots,  $1\frac{1}{2}$  to 2 tablespoonfuls of cornflour. Sugar to taste, flavouring. Make carrot puree as previously directed. Mix cornflour and sugar in usual way, boil up well with carrot puree. Put in a wetted mould. Any small amount of flavouring may be added, tinned pineapple, orange, lemon, bottled fruits, etc.

#### CARROT MOULD (No. 2).

Half a pint of custard powder made with water. Four tablespoonfuls of carrot puree, one teacupful of any fruit juice and chopped up fruit, two leaves of gelatine. Boil up altogether and put in a wetted mould.

#### CARROT AND TREACLE PUDDING.

$\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. maize flour,  $\frac{1}{2}$  lb. grated raw carrot, 1 teacup treacle, 1 teacup milk or milk and water, 1 teaspoonful carbonate soda or baking powder, 2 ozs. fat, 1 dried egg well beaten.

Thoroughly mix dry ingredients with the melted fat; mix treacle, milk and egg together and stir well into the other ingredients. Steam 3 hours or bake  $\frac{3}{4}$  of an hour. The same recipe may be used with jam, lemon, pineapple, or cocoanut instead of the treacle. A little sugar will then be needed except when jam is used.

#### CARROT MARMALADE AND POTATO PUDDING.

4 ozs. cooked and sieved potatoes, 4 ozs. grated raw carrots, 2 ozs. ground rice, 2 ozs. fat. A teacupful carrot marmalade, 1 tablespoonful treacle, 1 dried egg well beaten, a cup of milk and water, a tablespoonful of baking powder.

Mix the previously melted fat with the dry ingredients. Next add the marmalade, treacle, milk, and beaten egg together, and stir into the other ingredients. Mix thoroughly. Steam 3 hours, or bake  $\frac{3}{4}$  of an hour. Serve with a marmalade sauce made with cornflour and water and marmalade. This is also excellent made with 2 tablespoonfuls of cocoa and sugar or treacle to taste, instead of the marmalade. In this case a sauce made with cornflour, water, sugar, and cocoa should be poured over.

#### TAPIOCA AND CARROT TIMBALES (for children).

Cook 2 ozs. of tapioca in milk, add about 4 ozs. of carrot puree. Sweeten and flavour to taste and cook for about 20 minutes. The milk can be omitted and the carrots added to the plain tapioca.

#### CARROT SALAD.

*Required:* 4 carrots, boiled, 1 lettuce or watercress, 1 cooked potato, vinegar, mustard, salt and pepper, chopped parsley,  $\frac{1}{2}$  gill milk.

Slice the carrots, put them in a salad bowl with the lettuce or watercress, washed and picked, and arranged round the carrots. Sieve the potato, mix it with some vinegar, mustard, salt and pepper to taste. Add a little milk to thin the mixture, pour it over the carrots, and decorate with chopped parsley.

#### MARMALADE AND LEMON CURD.

*Carrot and Lemon Marmalade.*—5 lbs. carrots, 3 lbs. sugar, 5 lemons. Make carrot puree as previously described. Cut lemons into thin slices, soak them overnight in soup-plate just covered with water. Put pips in cup with very little water. Boil carrot puree, lemon slices and sugar all together for half an hour. Add jelly from the pips. Tie down in jars. This makes nearly 10 lbs. of good firm marmalade. If not firm too much water has been used.

*Carrot Cream.*—A substitute for lemon curd. (This can also be made with parsnips or marrow.)

1 lb. carrots,  $\frac{1}{2}$  lb. sugar. Juice and grated rinds of 2 lemons, 2 ozs. margarine or cocoa butter. The carrots should be made into a puree, which should then be boiled with the other ingredients till they are of the constituency of thick cream. Bottle in usual way and use like lemon curd.

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